

# Natural versus Unnatural

**Post by “Matt” of January 9, 2021 at 9:56 PM**

Here's a perfect example of another stoic dilemma posted in a forum that made me shake my head today...

“Is it necessary for a Stoic to be constantly striving toward productive activity?”

I have had a particularly busy week and this morning I chose to sleep in. My plan for the day is a few small household chores, a little cooking, reading a bit of trashy horror and video games. Hardly lofty activities designed for self improvement.

However I really don't feel that constant activity is productive without the occasional break to recharge.

Does this approach meet the Stoic ideal or am I falling short?”

My response:

“Take rest; a field that has rested gives a bountiful crop.” Ovid

“My Epicurean perspective would say that you need to listen to your body to the extent that you need rest. If you are burning the candle at both ends needlessly for no other purpose other than fulfilling a philosophical goal, I'd say you are not aligning yourself with nature at all.”